

Common Complaints of Pregnancy

Nausea and Vomiting

Nausea and vomiting, often called hyperemesis or morning sickness, may occur in the early months of pregnancy. It is a result of your body adjusting to the higher hormone levels of pregnancy. If you experience this discomfort, here are some things you can try.

- Eat dry crackers, toast, or cereal before getting out of bed or whenever the feeling starts
- Eat 5 to 6 small meals each day so your stomach does not get empty
- Avoid the sight, smell, and taste of foods that make you sick
- Eat easy to tolerate foods such as baked, skinless chicken, noodles, baked potatoes, applesauce, and gelatin
- Take your prenatal vitamins and minerals when you don't feel sick
- Avoid drinking liquids with meals
- Try acupuncture; this works for many women. Also, acupressure wrist bands may help
- Avoid off-the-shelf medications
- Ask your doctor or nurse about the use of Vitamin B₆

Call your doctor or nurse if you are throwing up a lot, feel faint, or throw up blood.

Remember, the nausea will pass!

Heartburn

Heartburn can be a problem in the last month of pregnancy. As our baby grows, there is more pressure on the stomach, which may cause stomach acids to be pushed upwards. The following tips may help:

- Avoid greasy, fried, or spicy foods, or drinks with caffeine
- Try drinking chamomile tea
- Eat small portions, but eat more often
- Do not lie down just after eating; instead sit upright for at least an hour
- Wear loose, comfortable clothing
- Check with your doctor or nurse before using antacids
- Try drinking lower fat or skim milk



Constipation

The hormones during pregnancy can slow down the movement of your intestinal system. Also, near the end of pregnancy your growing baby can put pressure on your intestines and cause them to slow down. To prevent constipation, you should:

- Eat more foods high in fiber, such as vegetables and fruits (including dried fruit), whole grain breads, corn tortillas, brown rice, bran muffins, and bran cereals. The list below has more ideas for foods high in fiber.
- Drink more water and other liquids, such as fruit and vegetable juices.
- Drinking a cup of hot water three times per day may be helpful.
- Be active every day. Walking is especially good.
- Avoid holding back the urge to have a bowel movement.
- Avoid taking laxatives.

Note: If constipation is severe, ask your doctor or nurse about a stool softener.

Fiber-Rich Foods

Apple (with skin)
Almonds
Apricots
Broccoli
Baked beans
Bran Chex
Brussel sprouts
Carrots
Corn
Corn bran
Figs
Kiwi fruit
Kidney beans
Lentil beans

Lima beans
Navy beans
Oranges
Pears (with skin)
Peas
Prunes
Peanuts
Peaches (with skin)
Pineapple
Potatoes (with skin)
Raisins
Raisin Bran
Raspberries
Strawberries

Shredded Wheat
Sweet potatoes
Sunflower seeds
Split peas
Turnip greens
Whole wheat pasta
Wheaties
100% Bran Flakes

